

Diabetic Food List

Carbohydrates Diabetics Can Eat

Complex carbs are absorbed more slowly and help keep sugar levels stable.

- Apples
- Avocados
- Barley
- Beans
- Berries
- Bran
- Broccoli
- Brown rice
- Cabbage
- Carrots
- Cauliflower
- Celery
- Citrus
- Cucumber
- Lettuce
- Mushrooms
- Oats
- Olives
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Porridge
- Rhubarb
- Spinach
- Tomatoes
- Whole grain bread
- Whole wheat pasta

Proteins to Include on the Diabetic Diet

- Beans
- Brazil nuts
- Chicken (skin removed)
- Free-range chicken eggs
- Lean cuts of beef, lamb, pork or veal
- Lentils
- Millet
- Peanuts
- Pine nuts
- Soybeans
- Turkey (skin removed)

Oils and Fats

- Avocados
- Herring
- Mackerel
- Pure olive oil
- Salmon
- Seeds
- Sesame oil
- Soybean oil
- Sunflower oil
- Tuna
- Unsaturated margarine

This is not an exhaustive list, but a short list to carry with you to help you manage your diabetes. Be sure to talk over your dietary choices with your nutritionist or dietician to help you determine the balance of carbs, fat and protein.